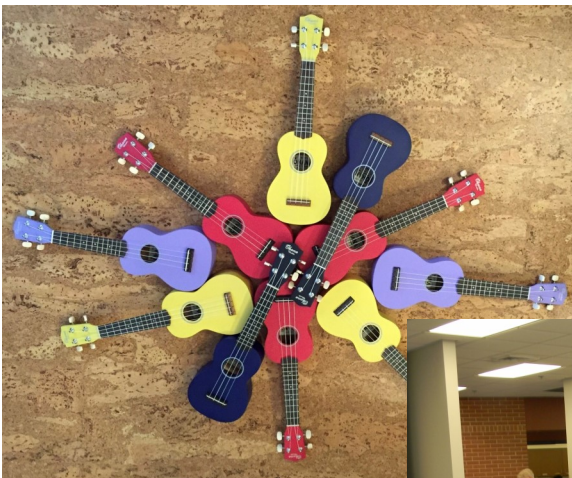


# THE CITY OF **Fitchburg** SENIOR CENTER

## 2016 Annual Report



# **Mission Statement**

*The mission of the Fitchburg Senior Center is to meet the diverse interests and needs of adults, aged 50 and older, by providing a range of programs, volunteer opportunities, services and advocacy that will enrich their quality of life and maintain their independence.*

## **2016 Staff**

Jill McHone, Director	40 hours
David Hill, Assistant Director	40 hours
Mandi Miller, Volunteer Program & Nutrition Site Manager	40 hours
Amy Jordan, Social Worker	40 hours
Sarah Folkers, Social Worker	32 hours
Susan Hoerchner, Office Assistant	20 hours

## **2015/2016**

### **Fitchburg Senior Center Friends**

Mary Cochems - Chairperson  
Bob Davis - Vice Chairperson  
Robert Hillner - Treasurer  
Sue Sheets - Secretary  
Peter Eaton  
Craig Davis  
Judy Breunig  
Judy Broad

Judy Christie  
Sherry Klinkner  
Tom Swant  
Lee Ihlenfeldt  
Mary DeVaal  
JoAnn Danielsen  
John Haberle

## **Commission on Aging**

Carol Poole, Council Rep  
Jim Sosnouski, Chair  
Ruth Domack, Vice Chair  
Ada Deer  
Dick Rydecki  
Sue Sheets  
Anne Scott

## Looking Back...

*I want to thank the City for its ongoing support as well as staff, Board members and volunteers for their passion and dedication to making the Fitchburg Senior Center one of the best in Dane County.*

*The Senior Center experienced amazing growth in 2016. Program revenue nearly doubled, (\$22,000 to \$51,000), we served approximately 1000 more congregate meals and volunteer hours increased by over 3700! These numbers truly reflect the fact that many feel it's a "Good Idea" to be a part of the Senior Center!*

## Looking Ahead...

*We are well into improving our programs and services in 2017 by completing the Wisconsin Association of Senior Center's re-accreditation in February and holding a Plan for Growth strategic planning session in March. Some of our efforts this year will be focused on bringing more affordable senior housing to Fitchburg, increasing transportation services and improving our outreach to the African Americana and Latino older adults in our community.*

*Jill McHone, Director*

## 2016 Programs Report

It sounds like a broken record, but its truly rewarding to see another amazing year for increased programming numbers at the Fitchburg Senior Center.

On average the Senior Center sees 150+ people come through the doors, Monday—Friday. The focus continues to be on delivering top-notch program opportunities, which includes staff assistance, excellent instructors and speakers and a clean facility. In addition to that, we rely on word-of-mouth satisfaction for our participants, and it continues to pay off!

*My life is richer because of the Fitchburg Senior Center. Opportunities for personal growth are amazing; from the programs offered to help your health-- both body and mind; to the occasions for volunteering in meaningful ways. The senior center is my happy place!*

*Judy C.*

*The Senior Center is like visiting my family. They are all caring people and offer support and a sense of belonging that I need because I live alone.*

*Mary K.*

## Top programs in 2016

- Aerobics, Functional Fitness, Pickleball, Walking & Yoga
- Senior Center Tech Programs / In Home Tech Assistance
  - Lecture Series
- Energy Task Force Program / Technology Task Force Program



# 2016 Social Work Program Report

Social Work services include three types of contacts: Case Management (CM), Information & Assistance (I & A), and Medicaid CM. CM services are provided to seniors who need ongoing monitoring and services for an indefinite period of time in order to remain independent in their homes. I & A services are provided to seniors who are in need of one-time or sporadic information and/or assistance. Medicaid CM services are case management services provided to individuals who have Wisconsin Medicaid.

## 2016 Data

**CM – 1,582.75 hours (273 unduplicated clients)**

**I & A – 877.50 hours (470 unduplicated clients)**

**Medicaid CM – 278.5 hours (26 unduplicated clients)**

*I recommend any Fitchburg  
Senior citizen to use the  
services offered. On a scale  
of 1-10, I give it a 20!  
Bruce T.*

*It's been great how you all have helped me.  
My social worker is the best I've ever had!  
The meals on wheels have fed me because I  
can't get to a food pantry. Thank you all for  
being there for me.  
Angie B.*

*"Without the Senior Center and my Social  
Worker, I would have a lot more problems  
than I do. I wouldn't be able to figure  
everything out on my own."  
John K.*

**As in past years, an emphasis in 2016 was placed on the Dane County No Falls Task Force, Dane County Caregiver Alliance, Dane County Transitions of Care Coalition, and the Dane County Aging Focal Points Coalition. The Social Work program continued to see an increase in individuals with low incomes, mental health concerns, and the need for low-income housing.**

**We are looking forward to being a part of the Fitchrona Community Paramedic program this year as well as helping older adults remain active and independent.**

## 2016 Energy/Technology Task Force Report

The Energy Task Force is now in its third year. The focus of the Energy Task Force is to keep seniors aware of saving energy and keeping money in the bank, while helping the environment. With the help of key "handy" volunteers, we are able to help seniors while keeping costs low. We are grateful to MG&E and Home Depot for their donations to this program.

Another task force has emerged in 2016—the Technology Task Force. This program was created by demand for better and cheaper television programming. While one might think of this as a leisure service, many seniors are benefiting from understanding alternative options to expensive cable TV. The most popular part of the program is the over-the-air antenna loan service. This allows seniors to test before buying. Who would have thought that seniors are now using over-the-air programming coupled with Roku/Apple TV boxes for Netflix and more....times are changing, and we are staying current to meet this changes.

# Senior Nutrition Program Report:

- **Served 1,187 MORE meals** in 2016 due to the increase in food insecurity in our senior population. Nearly 1100 of those meals were served at the Center.
- **Awarded Grants!** Our program was awarded a grant for our initiatives and education about March meals on wheels month. The money from that grant was used to purchase new re-usable trays.
- **68 volunteers** help maintain the Senior Nutrition Program. This includes kitchen assistants who pack up meals and serve meals on-site to clients' and meals-on-wheels drivers who deliver meals to three different routes, five days per week.
- **The nutrition program continues to be "green"** by using re-usable home delivered meal containers
- **Nutrition site offers monthly lectures** provided by the UW Extension. Topics include: food safety, alternatives to unhealthy foods, and staying well.

## **2016**

**Congregate Meals: 6028**

**Home-Delivered Meals: 7,477**

**Total: 13,505 meals served**

**The Fitchburg Nutrition Site is  
one of the most attended meal  
sites in Dane County!**

**We have an average of 25 people  
coming for lunch each day!**

*"I'm not able to cook for myself anymore. If I didn't get meals from the Senior Center I'd probably be eating cereal and toast. It just makes it so much easier for me. I don't have to think about shopping, I don't have to think about preparing meals".  
Ann—Meals on Wheels participant.*



*"It's not only the food, it's the company! It's who's at your table!"*

*Lois—Meal participant*





# 2016 Volunteer Program Report:

The City of Fitchburg continues to benefit from the dedication of 186 volunteers. These volunteers make it possible for the Senior Center to offer a variety of life-sustaining services for seniors as well as a multiple programs and activities that are volunteer directed. If we didn't have the volunteers that we do, the city would have to hire approximately six full-time employees with benefits to maintain the current level of service for the Fitchburg senior community. With our growing population of seniors who have skill sets, we continue to look forward to how to better manage and contain this large group.

*"The Senior Center is a place for people to come home to. I think people here invite people to come in and participate and become a part of this big family".*  
Lalita

**Total Volunteers: 186**  
**Total Hours Served: 15,032**  
**That is: 3,767 MORE hours than 2015!!!**



*"The reason why Placon is involved with the Senior Center is because we feel strongly about supporting the community, that a healthy community is a good place to live and to work."*  
Barb- Volunteer team of Placon



# Dementia Friendly Fitchburg Report:



After such a blockbuster year in 2015, the Dementia Friendly Fitchburg initiative slowed down in 2016!

The Fitchburg business community has not yet taken hold of this initiative, so 2016 was a year of reflection and refocus. A new focus for the initiative is to offer outreach to community groups, like churches, neighborhood associations and civic groups.

The mission of Dementia Friendly Fitchburg is to educate the public about the people who are affected by Alzheimer's and other Cognitive Impairments so that the community can begin to understand and offer much needed support for families who are struggling through this disease.

- Dementia Friendly Fitchburg presentation given to All Saints church.
- Dementia Friendly Fitchburg Walk team raised over \$600 for the Alzheimer's Association and hosted a booth at the event.

